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REMOTE STORAGE FOOD

Prepared by the Food syllabus committee of the Lake Placid conference
on Home economics

SUBJECTS OF LECTURES

- 1 Food in relation to health
- 2 Food power, or food, the source of human energy
- 3 Food principles and their distribution in nature
and in human diet
- 4 The dietary
- 5 Cost of food
- 6 Work of United States department of agriculture
- 7 Food for different ages and conditions
- 8 Science of cookery
- 9 Art of cookery
- 10 Preparation of the daily food; is it a home industry?

Lecture 1

FOOD IN RELATION TO HEALTH

Evidences of good health

How shall we know if we are in our best condition?

- 1 We shall not be thinking about it at all. Mere motion, action, work, use of muscular and mental power bring a delightful sense of life and force. The healthy workman goes to his day's work with vigor in his step, the schoolboy to his desk with eagerness.
- 2 We shall have a consciousness of power, power to work, to think, invent, paint, write, just as much as to swing a sledge hammer. This is the standard of good health for all. If we find ourselves sluggish and tired in the morning, something is wrong.

One of the essentials of good health is reserve power.

A sound firm has credit at the bank. A little pinch for money does not seriously disturb it; if one customer does not pay, another will. But when it has to call on all it possesses day by day it is on the verge of bankruptcy. A sound man has a store of health, as it were, to fall back on and he can easily bear cold and wet and hunger for a day or two. When a little change in diet, temperature or humidity seriously disturbs a man's health he is nearly or quite bankrupt in this regard.

References

Chambers. Manual of diet.

Church. Food.

Miles. Muscle, brain and diet.

Roberts. Collected contributions on digestion and diet.

— Dietetics and dyspepsia.

Simpson. Choice of food.

Yeo. Food in health and disease.

Topics for papers

1 The problem of transportation of food in its relation to health.

2 Fish: methods of catching, transporting and curing.

3 Cold storage: is it a benefit to the buyer or to the seller? Effect on different classes of food.

4 Effect on quality and healthfulness of vegetables of methods of cultivation tending to increase their transportable qualities.

5 Green vegetables and tubers: why needed in a healthful diet?

6 Hours and sequence of meals in relation to health.

7 What is the present method of sanitary inspection of slaughter houses and wholesale and retail markets? In what ways may it be improved?

- 8 Describe the condition of standard meats and green vegetables when "fresh" and when "stale."
- 9 Effect of tea, coffee and cocoa on health.

Lecture 2

FOOD POWER, OR FOOD, THE SOURCE OF HUMAN ENERGY

Measure of power

Other factors in a healthful condition, as fresh air and exercise, are very important, but the force liberated by the combustion of food in the animal body is the only source of power. We ask, how much power of work is there in the food we eat? How much food do we need for a day's work? We call this power energy, and we reckon the force in calories, that is, in the heat equivalent of work. This is the starting point of all our modern work in dietetics.

Unity of all energy

For the sedentary worker, the scholar, the teacher, food is the source of intellectual energy, as it is of the physical energy of the outdoor worker and sportsman.

Metabolism

A knowledge of the use of food in the body (metabolism), or the chief classes of food and the part each is supposed to play, is essential to the right choice of food for individual, family or institution.

References

- Atwater. Methods and results of investigations on the chemistry and economy of food.
- & Benedict. Metabolism of matter and energy in the human body.
- & Rosa. New respiration calorimeter and experiments on the conservation of energy in the human body.

Blasdale. Some Chinese vegetable food materials and their nutritive and economic value.

Chambers. Dietetics. (Encyclopaedia Britannica)

Green. Food products of the world.

Hart. Diet in sickness and health.

Hutchison. Food and dietetics.

Nitti. Food and labor power of nations.

Richards, *ed.* Plain words about food.

Schäfer, *ed.* Textbook of physiology, v. 1.

Soyer. History of food and its preparation from the earliest ages.

Thompson. Food and feeding.

Wright. Working girls of Boston: food consumption, p. 240-326.

See current books of travel for national foods.

Topics for papers

National food materials and dishes. Show how they contain approximately the same food principles the world over.

a The daily food of a Chinese coolie

b The daily food of the East India workman

c The daily food of an Italian peasant

d The daily food of a German peasant and workman in cities

e Food of English navy (*see* Nitti, *Food and labor power of nations*)

f The American workman (*see* Atwater, *Chemistry and economy of food*)

g Cooking methods in foreign lands

h The undernourished working girl

*Lecture 3*FOOD PRINCIPLES AND THEIR DISTRIBUTION IN
NATURE AND IN HUMAN DIET

The balanced ration for man. To how many has it ever occurred that there should be as definite instructions for feeding men and women as there now are for feeding horses and cows? The food of a man must be suited to the kind and intensity of work he does, so that it may be assimilated. Each human being must have the true proportion of proteid, of fat, of starch and of the mineral salts, else, even with an abundance, he may not be well nourished. True, that through a process of natural selection, unaided by scientific knowledge, each race and each nation has made some combinations of food materials that give nutrients in due proportions and at the least cost. These blind instincts, developed by the pressure of necessity, can in the main be trusted while simple and familiar conditions hold, as witness the peasantry in certain regions of Europe. With changed conditions and enlarged opportunities for the purchase of food, the palate becomes the sole guide and the need of intelligence is apparent.

It is not proposed to bring the individual to a measured daily quantity or a too narrow range, but there are certain broad and general rules which, once laid down, may serve to give direction to choice of food material, thereby assuring full nutrition with the saving of that vast waste so commonly found.

Nomenclature. A measure of value is just as necessary for foods as for a mine, whose wealth is estimated by the number of ounces of the precious metal it can furnish a ton.

When one learns to play a new game, one patiently learns the terms, however senseless they may seem;

the terminology which estimates the value of the nutrients in food stuffs must be learned before intelligent discussion is possible.

References

- Abel. Beans, peas and other legumes as food.
— Sugar as food.
Atwater. Methods and results of investigations on the chemistry and economy of food.
— & Woods. Chemical composition of American food.
Campbell. In foreign kitchens.
Halliburton. Chemical constituents of the body and food. (*in* Schäfer, *ed.* Text-book of physiology, 1:1-79)
— Essentials of chemical physiology.
Harrington. Practical hygiene.
Hutchison. Food and dietetics.
Langworthy. Eggs and their uses as food.
Miles. Muscle, brain and diet.
Milk as food.

Topics for papers

- 1 Proteids in our daily fare: how furnished.
- 2 Fats and starch: to what extent are they interchangeable?
- 3 Sugar as a daily food: recent increase in its use.
- 4 Vegetarianism: arguments for.
- 5 The legumes as a substitute for meat.
- 6 Food value of eggs.
- 7 Condiments: their use and abuse.
- 8 Nuts as a substitute for meat.

Lecture 4

THE DIETARY

Regulated food supply. The dietary of a given family or institution is ascertained as follows: everything in the storeroom is weighed before beginning and after finishing the experiment, while careful account is kept of the weight of all purchases and of

waste. The amount of nutrients in the food used is then estimated according to the analysis of the raw material and the result is divided by the number of men in the family or the calculated equivalent, women being considered to eat $\frac{8}{10}$ as much as men, children according to their age.

For a scientific dietary *see* Experiment station bulletins, specially no. 49 and 91 (Lake Erie and Dakota). Provisional standards are adopted from scientific data and from actual experience.

References

- Atwater & Woods. Dietary studies in New York city.
Bevier. Nutrition investigations in Pittsburg, Pa.
Frissell & Bevier. Dietary studies of negroes in eastern Virginia.
Gibson, Calvert & May. Dietary studies at the University of Missouri.
Jaffa. Nutrition investigations at the California agricultural experiment station.
Wait. Nutrition investigations at the University of Tennessee.
Woods & Merrill. Nuts as food.
— Investigations on the digestibility and nutritive value of bread.
For more extended study the following may be included:
Atwater & Bryant. Dietary studies in Chicago.
— & Woods. Dietary studies in New York city.
— — Dietary studies with reference to the food of the negro.
Goss. Dietary studies in New Mexico.
— Nutrition investigations in New Mexico.
Grindley & others. Nutrition investigations at University of Illinois, North Dakota agricultural college and Lake Erie college.
Jordan. Dietary studies at the Maine state college.
Stone. Dietary studies at Purdue university.
Voorhees. Food and nutrition investigations in New Jersey.
Wait. Dietary studies at the University of Tennessee.

Topics for papers

- 1 The balanced ration as understood by the farmer.
- 2 The life ration.
- 3 The work ration.
- 4 The reasonable allowance for waste.
- 5 Bread as the staff of life; to what extent is this still true?
- 6 To what extent may milk be considered as a perfect diet?
- 7 Fruits as food: date bread.
- 8 What is a rational meal?

Lecture 5

COST OF FOOD

10 cent dietary. 10 to 15 cents a day will purchase anywhere in America within a few miles of a railroad or in an agricultural region adequate food for the man living and working in the open air. In order to do this, choice must largely be made from the 12 or 15 food materials whose analysis is given below.

25 cent dietary. To the 12 or 15 common foods of the world may be added 25 or more of more limited use, and these together will furnish for 20 to 25 cents a day a sufficient variety of flavor, if purchased when in season and properly cooked and combined.

50 cent dietary. From data that has been gathered, it seems probable that the average city family in easy circumstances spends for the raw material of food from 40 to 60 cents for each person daily.

As compared with the 25 cent dietary, the extra money seems to go for:

- 1 waste due to lack of oversight and calculation;
- 2 food out of season; hothouse cucumbers, etc.;
- 3 perishable food, meats, fruits;
- 4 flavors and tenderness;

5 rare foods of which there are not enough to meet the demand;

6 custom's sake.

THE 13 CHIEF FOODS CONSIDERED AS TO THEIR NUTRITIVE AND ECONOMIC VALUE

453.6 grams=1 lb.; 1 gram proteid and carbohydrates=4.1 calories;
1 gram fat=9.3 calories

	Refuse	Water	Proteid	Fat	Carbo- hydrates	Cal- ories a lb.
	%	%	%	%	%	
Nuts (peanuts, edible por- tion)	. .	9.2	25.8	38.6	24.4	2560
Sugar (gran.)	. .	. .	. .	. .	100	1857
Cornmeal (bolted)	. .	12.9	8.9	2.2	75.1	1655
Wheat flour (roller pro- cess)	. .	12.5	11.3	1.1	74.6	1645
Rye flour	. .	12.7	7.1	.9	78.5	1630
Rice	. .	12.4	7.8	.4	79	1630
Legumes (dried)	. .	13.2	22.3	1.8	59.1	1590
Meats (about)	12	55	16	15	. .	928
Fish (fresh)	30	45	12	4	. .	388
Potatoes	15	67.1	1.8	.1	15.3	325
Milk	. .	87	3.3	4	5	325
Bananas	40	44.5	.7	.5	13.7	290
Fruit (apples, grapes, etc.)	25	60	1	.9	12.9	285

Wheat flour at 2c a pound furnishes 3000 calories for 3.6 cents

Cornmeal " 3c " " " 5.4 "

Wheat flour " 4c " " " 7.2 "

Rice " 5c " " " 9.2 "

Potatoes " 1c " " " 9.2 "

Legumes " 8c " " " 15 "

Milk " 2c " " " 18 "

Potatoes " 2c " " " 18 "

Nuts (kernels) " 16c " " " 19 "

Cheese (Amer.
pale) " 14c " " " 20 "

Fruit at 2c " " " 21 "

Milk " 3½c^a " " " 32 "

Beef (medium fat,
15% bone) " 15c " " " 47 "

Beef (sirloin) " 25c " " " 69 "

Eggs " 25c " " " 115 "

^a 7c a quart.

References

- Atwater & Bryant. Dietary of university boat crews.
— & Woods. Dietary studies in New York city.
Grindley & others. Nutrition investigations at University of Illinois, North Dakota agricultural college and Lake Erie college.
Huntington. The dietary.
Kellogg. The daily ration.
— The new dietary.
Richards. Cost of food, a study in dietaries.
Thompson. Practical dietetics.

Topics for papers

- 1 The 25 cent dietary; menu for a week at different seasons of the year.
- 2 Meat in above for 12 cents; how to choose and prepare it.
- 3 Fruit in above for 3 cents; list of seasonable fruits for each month.
- 4 Vegetables in above for 3 cents; list of seasonable vegetables for each month.
- 5 How a vegetarian may live on a dime a day; menus for a week.
- 6 The ideal breakfast.
- 7 Dinner at noon compared with dinner at night.
- 8 The grocer's bill; how to keep it down to its proper proportion of the income.
- 9 Does the 50 cent dietary give twice the mental and physical efficiency furnished by the 25 cent dietary? If not, in what way is the extra money spent on it to be justified?
- 10 Ratio of meat bill to total expenditure for food.

*Lecture 6*WORK OF UNITED STATES DEPARTMENT OF
AGRICULTURE

The department of agriculture publishes three series of bulletins bearing on the food and nutrition of man. They are 1) technical bulletins of the office of experiment stations; 2) technical bulletins of the division of chemistry; 3) farmers bulletins.

1 **Office of experiment stations: technical bulletins** (designated as O. E. S.). These give accounts of methods and results of investigations, including original researches in the United States and summaries of results of inquiries in this and in other countries. They bear on composition, digestibility and nutritive values of food; metabolism of matter and energy in the body; functions of nutrients of food; food consumed by people of different classes; dietaries and dietary standards; pecuniary, hygienic and sociologic considerations regarding food and nutrition.

2 **Division of chemistry: technical bulletins** (designated as D. C.). Of these the most important is Bulletin 13 on Foods and food adulterants. This is made up of several parts, each treating of the composition or adulterations of one or more classes of food materials and beverages.

3 **Farmers bulletins** (designated as F. B. the designation referring to the character of the bulletin and not to the branch of the department). The department has already published about 130 of these bulletins on as many different subjects. A dozen or more bear on food and nutrition of man. They are intended to be simple, popular and practical.

Besides the above, the *Yearbook* of the department of agriculture, published annually, contains articles on food and nutrition.

Titles and descriptions of all these publications, with indications as to how they may be obtained, are sent on application by letter or postcard to the secretary of agriculture, Washington D. C.

The technical publications may be purchased at very low rates from the superintendent of documents, Washington D.C. but are for the most part distributed gratuitously by members of congress and by the secretary of agriculture. The farmers bulletins are not sold but distributed gratuitously. The technical bulletins are, in general, reserved for those who have special use for them. The best way to get them is to write to one of your state senators or to the representative from your district, stating specifically what publications you desire.

The following are some of the later bulletins:

Abel. Beans, peas and other legumes as food.

— Sugar as food.

Atwater. Bread and the principles of bread-making.

Jaffa. Nutrition investigations at the California agricultural experiment station.

Langworthy. Eggs as food.

— Fish as food.

Woods. Meats: composition and cooking.

— & Merrill. Investigations on digestibility and nutritive value of bread.

Topics for papers

- 1 The government and the housewife.
- 2 Kitchen experiment stations: are they desirable?
- 3 In what ways may the work of the department of agriculture be made still more useful?
- 4 What does the average housewife need to know about food values?
- 5 Why is a knowledge of food composition necessary for the feeding of children?
- 6 The advantage of the farmer's wife over the city housekeeper.

Lecture 7

FOOD FOR DIFFERENT AGES AND CONDITIONS

Food for the young child. It is evident that the quantities and proportions are not the same for the young child who has to increase his weight of bone, muscle and tissue, as for the old person who has only to hold his own. The need of some better provision for the food of young children of school age, who are kept away from the base of supplies for so many hours of the day, is imperative; for insufficient nutrition (a very different thing from insufficient food) has quite as much to do with the frequent breaking down of the child as overstimulation in study; in fact, overstimulation in study is probably possible only in the case of an insufficiently nourished scholar. The healthy rosy-cheeked child is too much of an animal, contented with life, to be driven to overexertion in study.

Food for the child in school. It is time that a vigorous protest be made against the claim that overstudy in the school is the cause of all the evils of school life. Let a careful examination be made of the facts as to food and exercise before a universal condemnation of our methods of education is allowed.

Food in mature life. It is evident that on arriving at maturity a certain balance should be maintained; that while the danger for the young is too little food, for those of 40 to 60 years it is more often too much.

Need of education in food values. The great increase of diseases from causes under individual control, such as those which are brought on by errors of diet, points to the need of more general education in this respect.

References

- Boland. Invalid cooking.
 Burnet. Foods and dietaries.
 Chambers. Manual of diet.
 Dukes. School diet.
 Fothergill. The town dweller.
 Hart. Diet in sickness and health.
 Hogan. How to feed children.
 Holt. Care and feeding of children.
 Hutchison. Food and dietetics.
 Oppenheim. Care of the child in health.
 Richards. Notes on hospital dietaries. (*in American journal of insanity*, Oct. 1895, 52:214-17)
 — *ed.* Plain words about food.
 Sachse. How to cook for the sick.

Topics for papers

- 1 From the accompanying table, make up a week's menu for the child of 3 to 5.
- 2 How to treat the whims of children as to food.
- 3 Foods for the schoolgirl and boy.
- 4 Foods for the grandmother.
- 5 How should the summer dietary differ from the winter?
- 6 Tea, coffee and other stimulants for children.
- 7 How to feed the baby.
- 8 Amount of food required.

AGE	Weight of body in kilograms	FOOD IN GRAMS				Carbo-hydrates
		Total	Dry substance	Nitrogenous	Fat	
Girl, 4. . . .	13.3	1203	197	44.8	41.5	102.7
Boy, 6. . . .	18	1560	311	63.7	45.8	197.3
Girl, 9. . . .	22.7	1660	328	61.3	47	207.7
9-14				78	43.3	281

APPROXIMATE COMPOSITION OF SOME COMMON FOOD MATERIALS

	Water %	Proteids, nitrog- enous %	Fat, oils, etc. %	Carbo- hydrates, starch, sugar, etc. %	Calories or fuel value a lb. or 453 grams
Apples	63.3	.3	.3	10.8	220
Barley	11.9	10.5	2.2	72.8	1640
Beef (round)	64.4	19.5	7.3		670
Beef-juice (bought) . .	93	4.9	.6		115
Consommé (canned) . .	96	2.5		.4	55
Bread (white)	35	9.1	1.6	53.3	1225
Butter	11	1	85		3605
Cheese (American pale)	31.6	28	35.9	.3	2055
Chicken	38.3	11.5	6.9		515
Eggs (whole)	65.5	13.1	9.3		635
Eggs (yolk)	49.5	16.1	33.3		1705
Milk (whole)	87	3.3	4	5	325
Oatmeal	7.3	16.1	7.2	67.5	1860
Peas (green)	74.6	7	.5	16.9	465
Potatoes	62.6	1.8	.1	14.7	310
Prunes	22.3	2.1		73.3	1400
Rice	12.3	8	.3	79	1630

Lecture 8

SCIENCE OF COOKERY

Introduction

- 1 Cooking defined.
- 2 Object of cooking.

To make food safer, more digestible and more palatable. The last formerly considered most important: modern knowledge emphasizes the first two.

Effect of cooking on different food principles

- 1 Water: cooked chiefly as a medium for conveying heat; sometimes to render it safe for drinking.
- 2 Salt or mineral matter: unchanged by heat, but may be dissolved out of food by water and lost.
Effect of hard and soft water on food.

- 3 Proteids: as a rule changed from soluble to insoluble and less digestible forms.
- 4 Fats: decomposed by high temperature (and made less digestible).
- 5 Starch: digestibility increased by cooking. Changed partially to soluble starch and often to dextrin and sugar.
- 6 Cellulose of plants and connective tissue of meats are softened by heat rightly applied.

Cooking for safety or preservation of food

Dangers of uncooked food. Principle of canning and preserving.

High temperature or long continued low heat; proper use of each.

References

- Abel. Practical, sanitary and economic cooking.
Atkinson. Right application of heat to conversion of food materials.
Goodfellow. Dietetic value of bread.
Priestly. Preparation of food.
Richards & Elliott. Chemistry of cooking.
Snyder, Frisby & Bryant. Losses in boiling vegetables.
Sowle. I go a-marketing.
Williams. Chemistry of cooking.

Topics for papers

- 1 Cookery of vegetables.
- 2 Canning industry and its methods.
- 3 Cookery of milk; pasteurization and sterilization.
- 4 Cookery of cheaper meats.
- 5 Bread.
- 6 Kiln dried grains.
- 7 Cookery of cheese.
- 8 Desserts as waste efforts.

Lecture 9

ART OF COOKERY

Socrates's estimation

Beware of food that tempts you to eat when you are not hungry and of drinks that tempt you to drink when you are not thirsty

Ruskin's interpretation

A refined taste requires that food in its appearance and flavor shall appeal in a reasonable degree to the palate and to the eye. But special dangers attend the exaggeration of these requirements.

- 1 By too much manipulation, as in complicated dishes, the nutritive value of a given food material may be impaired.
- 2 By varied forms and flavors poor food may be disguised and thus pass the sentinels of taste.
- 3 Food may be rendered so attractive as to tempt to habitual overeating or the eating of food unsuited to the person.
- 4 Too elaborate mixtures, too great a variety of dishes, too much garnishing are not in line with good taste and the moderation that is an essential of true refinement.

“To ignore the nutritive value of food as the first test of its efficiency and to regard feeding solely from the esthetic standpoint is to undermine the stamina of the race.” *G. Stanley Hall*

References

- Brillat-Savarin. Physiology of taste.
Child. Delicate feasting.
Corson. American cookery.
De Salis. Art of cookery.
Ewing. Art of cookery.
Hayward. Art of dining.

Larned. Hostess of today.
 Parloa. The young housekeeper.
 Sala. The thorough good cook.
 Thudichum. Spirit of cookery.
 Yates. Profession of cookery from the French point of view.

Topics for papers

- 1 How to preserve the right attitude of mind toward food.
- 2 Accessories of the table.
- 3 Legitimate catering.
- 4 How to serve the common foods attractively.
- 5 Simple well cooked foods versus food bricabrac.
- 6 How to serve variety with right balance for moderate expense.
- 7 Foresight in preparation of meals.
- 8 The right use of flavors.

Lecture 10

PREPARATION OF THE DAILY FOOD: IS IT A HOME INDUSTRY?

Cooking in the house

Is it essential to the home ideal? Why do we prefer the flavor of our own kitchen bacteria?

Cooking out of the house

Higher standards of food preparation and better knowledge of food values will enable the 20th century housewife to avail herself of properly supervised bakeries and kitchens without giving up the home table, that school of good manners and good food habits of which no parent can afford to deprive his child.

References

Blyth. Foods, p. 2-32.
 Peirce. Cooperative housekeeping.
 Richards, *ed.* Plain words about food.
 Wiley & others. Foods and food adulterants.
 Wolff. Food for the million.

See Poole's Index for articles on public kitchens.

Topics for papers

- 1 Public kitchens, their place in social development.
- 2 Vegetarian cookery: how a larger use of it may help to simplify the daily work.
- 3 Laws against adulteration of food.
- 4 Proper supervision of public kitchens, canneries, laundries: how shall it be attained?
- 5 Comparison of cost of food cooked in the home kitchen with food bought wholly or partially prepared. Canning of fruit.
- 6 Is cooperative cooking feasible? History of attempts in this country.
- 7 Plan of a kitchen, description of utensils and processes when outside helps in the coarser preparation of foods have been so developed that the housewife can make extensive use of them.
- 8 Comparison of coal, gas, kerosene and electricity for cooking, both as to cost and effectiveness.
- 9 In what ways is the cooking in the French and German household more simple than in the American?
- 10 Count Rumford and public kitchens.

AUTHORITIES

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- Sugar as food. 27p. O. Wash. Government; free. (U.S.—Agriculture, Dep't of. Farmers bulletin. no. 93)
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- Atwater, H. W.** Bread and the principles of bread-making. 39p. il. O. Wash. 1900. Government; free. (U. S.—Agriculture, Dep't of. Farmers bulletin. no. 112)

- Atwater, W. O.** Methods and results of investigations on the chemistry and economy of food. 222p. il. O. Wash. 1895. Government 15c. (U.S.—Experiment stations, Office of. Bulletin. no. 21)
- **& Benedict, F. G.** Experiments on the metabolism of matter and energy in the human body. 112p. O. Wash. 1899. Government 10c. (U.S.—Experiment stations, Office of. Bulletin. no. 69)
- **& Bryant, A. P.** Dietary studies in Chicago in 1895 and 1896. 76p. O. Wash. 1898. Government 5c. (U.S.—Experiment stations, Office of. Bulletin. no. 55)
- — Dietary studies of university boat crews. 72p. O. Wash. 1900. Government 5c. (U.S.—Experiment stations, Office of. Bulletin. no. 75)
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- **& Woods, C. D.** Chemical composition of American food materials. 87p. il. O. Wash. 1896. Government 5c. (U.S.—Experiment stations, Office of. Bulletin. no. 28)
- — Dietary studies in New York city in 1895 and 1896. 117p. O. Wash. 1898. Government 10c. (U.S.—Experiment stations, Office of. Bulletin. no. 46)
- — Dietary studies with reference to the food of the negro in Alabama in 1895 and 1896. 69p. il. O. Wash. 1897. Government 5c. (U.S.—Experiment stations, Office of. Bulletin. no. 38)
- Bevier, Isabel.** Nutrition investigations in Pittsburg, Pa. 1894-96. 48p. O. Wash. 1898. Government 5c. (U.S.—Experiment stations, Office of. Bulletin. no. 52)
- Blasdale, W. C.** Description of some Chinese vegetable food materials and their nutritive and economic value. 48p. il. O. Wash. 1899. Government 10c. (U.S.—Experiment stations, Office of. Bulletin. no. 68)
- Blyth, A. W.** Foods: their composition and analysis. Ed. 4. 735p. il. O. N.Y. 1896. Van Nostrand \$7.50.
- Boland, M. A.** Handbook of invalid cooking. 323p. D. N.Y. 1893. Century \$2.
- Brillat-Savarin, J. A.** Physiology of taste. 345p. D. Phil. 1854. Lindsay & Blakiston \$1.75.
- Burnet, R. W.** Foods and dietaries, a manual of clinical dietetics. Ed. 2. 196p. D. Lond. 1890. Griffin 4s.
- Also issued by Blakiston, Philadelphia, \$1.50 net.

- Campbell, Mrs Helen (Stuart).** In foreign kitchens. 116p. D. Bost. 1893. Little 50c.
- Chambers, T. K.** Dietetics. (*in* Encyclopaedia Britannica, 1878-88. 7:200-13)
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